

WELCOME TO THE GLENWOOD 50+CENTER NEWS



AUGUST - SEPTEMBER 2019
www.glenwoodseniorcenter.org

Welcome to the August -September newsletter. 50+Centers across the county are moving to a quarterly newsletter. Ours will begin in October. There will be monthly updates and information on the Council website and Facebook to keep you informed. This month, join us at the Senior Day at the Fair and in September enjoy a variety of speakers, National Park Series, music and a Crab Feast. There is a new event to take the place of the 50+EXPO called Master Aging. Scheduled for Saturday October 19th at Howard Community College, it will be a great day! Stay tuned for details.



2400 Route 97
Cooksville, MD 21723
(410) 313 - 5440 Front Desk
Fax: (410) 313 - 4846

Center Email:
glenwood50@howardcountymd.gov

Glenwood 50+ at the
Gary J. Arthur Community Center

Monday - Friday
8:30 am - 4:30 pm

GO50+ HOURS

Mon-Sat: 7 am - 9 pm
Sun: 9 am - 6 pm

Website
www.howardcountyaging.org

Council Website:
www.glenwood50plus.org

Volunteer Website:
www.hocovolunteer.org

SPOTLIGHT ON



Active Aging Week is the first week of October. Join us for a variety of activities, workshops, health fair, and DIY. Sign up to join us on a golf outing and learn ways to keep being active at Glenwood!



PLEASE SCAN



Master Aging
Engage + Educate + Inspire

SATURDAY, OCTOBER 19
10 AM to 3 PM

50+CENTER NEWS TO USE

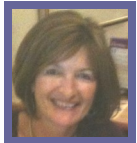
Center Information

Closed: Monday, September 2 Labor Day

50+ Programs: Interested in trying a class? We encourage you to try before you buy. FYI: Glenwood 50+ Center does not pro-rate for classes missed.

Go50+ Fitness Membership: Includes access to Gary J. Arthur, N. Laurel, and Roger Carter Community Centers Fitness Rooms and all Howard County 50+ Centers. Residents are only \$75 a year.

State Health Insurance Assistance Program: (410) 313-7392. Appointments are held at locations around the county.



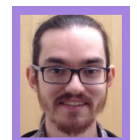
Regina Jenkins, Director
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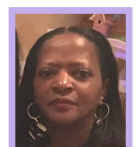
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cburkett@howardcountymd.gov



Chris Ferraro, Registrar
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Evan Larkin, Utility Technician
(410) 313-4836
elarkin@howardcountymd.gov



Stephanie Rigsby, Nutrition Specialist
(410) 313-4833
srigsby@howardcountymd.gov

Cooksville Corner Café: Why not join us for lunch in our café? Check out our menu in the newsletter or in the lunch book located at the Front Desk. Lunch is a suggested anonymous donation that is paid at the time of lunch in the café. Remember to call to reserve or to cancel. Lunch is served Monday through Friday at 12. We feature a Pizza and Salad day on the first Tuesday, Soup and Salad Bar on the 2nd Thursday and Friday, and a Baked Potato Bar the 3rd Thursday and Friday of each month.

COUNCIL

Western Howard County Senior Council: The Council is a 501c3 organization who support the staff of the Glenwood 50+Center with both financial and human resources. This group of volunteers meet monthly. They serve as ambassadors for the center and can be found participating in a variety of ways throughout the center.

The Council is looking for new members to join them. Stop by the next meeting, 2nd Tuesday of each month at 1 pm to learn more.

Do you know a member who could use a little lift or cheer? Drop their name in the mailbox across from the front desk and the Council will send a get well, sympathy or thinking of you card to them.

WESTERN HOWARD COUNTY
Senior Council



Disclaimer: "Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

KINDRED SPIRITS SOCIAL CLUB

If you are struggling with memory loss or know someone who is, look into Kindred Spirits Social Club. This innovative program is a partnership between the Office on Aging and Independence and the Alzheimer's Association, Greater Maryland Chapter.

The mission of the Social Club is to provide socialization, companionship, education, support, and a sense of purpose in a safe and nurturing environment for individuals with a medical diagnosis of an early memory disorder. The Social Club includes structured therapeutic support activities such as speakers, music, art, and yoga.

The program operates Mondays, Wednesdays, and Fridays, 9 am -1 pm.

Judy Miller, Kindred Spirits Director and Facilitator

jumiller@howardcountymd.gov

Call to schedule an appointment (410) 313-5441



CONNECTIONS SOCIAL DAY PROGRAM

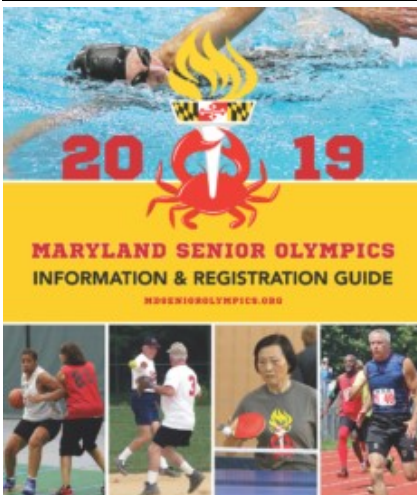
Are you a caregiver of a parent or loved one, or do you know someone who is providing care for an aging parent? The Connections Social Day program offers a safe, affordable, stimulating option. The Connections program has a staff to participant ratio of 1 to 8, and is directed by a Certified Occupational Therapy Assistant. Staff are dedicated to providing a place for your loved one to socialize in a structured and supportive environment. The four hour program provides programming, a well balanced lunchtime meal and snacks. Program is 9 am -1 pm on Tuesdays and Thursdays.

Judy Miller, Director, Connections Social Day program,

jumiller@howardcountymd.gov

Call to schedule an appointment (410)313-5441

MARYLAND SENIOR OLYMPICS WANTS YOU



Registration is now open for 2019. For details and registration information, go to www.mdseniorylympics.org or call 240.777.4930. For ages 50-plus. Register to participate in Archery, Badminton, Bocce, Bowling, Croquet, Cycling, Disc Golf, **Golf**, Horseshoes, Lawn Bowling, **Pickleball**, Racquetball, Running, Shuffleboard, Softball, Swimming, **Table Tennis**, Tennis, Track and Field, Trap Shooting, Volleyball, **Walking**, Wii Bowling, Air Gun, and **Basketball**. We encourage you to join, questions? Ask Regina at the center. Let's try and represent Glenwood 50+Center in several categories.

If you need this document in an alternative format, please contact Regina Jenkins on (410) 313-5443. Would you like to receive our newsletter on your smart phone or home computer? If so, please call Chris at (410) 313-5440 and she will add you to our email distribution list.

EXERCISE AND FITNESS CLASSES

Core Yoga

Mondays, 3 pm

Cost: \$48 for 8 classes

August 9 - September 27

Instructor: Susan Kain

Energize High Intensity Interval Training

Monday and Wednesdays, 8:20 am

Cost: \$34 for 8 classes

August 26 - September 30

Instructor: Sara Schwab

Gentle Yoga

Tuesdays, 10:15 am

Cost \$54 for 9 classes

Wednesdays, 2 pm

Cost: \$54 for 9 classes

Thursdays, 10:15 am

Cost \$48 for 8 classes

Next Thursday session Aug 8 - Sept 26

Instructor: Mary Garratt

Hatha Yoga

Tuesdays, 9 am

Cost: \$54 for 9 classes

July 30 - September 24

Instructor: Mary Garratt

Wednesdays, 3:15 pm

Cost \$54 for 9 classes

July 31 - September 25

Instructor: Susan Kain

Thursdays, 9 am

Cost \$48 for 8 classes

Next Thur session begins August 8 - Sept 26

Instructor: Mary Garratt

Hatha Yoga 1-2

Fridays, 9-10 am

Cost: \$48 for 8 classes

Next session begins Aug 9 - Sept 27

Instructor: Susan Kain

Line Dancing Beginners

Thursdays, 1pm

Cost: \$33 for 6 classes

August 22 - September 26

Instructor: Sandy Garrish

Line Dancing: Beginner Drop In

Monthly fee of \$5, Tuesdays at 2:30 pm

Line Dancing: Intermediate Drop In

Monthly fee of \$5, Tuesdays at 3:30 pm

Line Dancing Intermediate

Thursdays, 2 pm

Cost: \$33 for 6 weeks

August 22 - September 26

Instructor: Sandy Garrish

Meditation Drop In

Fridays, 8:30 am

Cost: Free

Instructor: Susan Kain

Pilates

Mondays, 9:30 am

Cost: \$24 for 4 weeks

September 9 - September 30

Instructor: Bob McDowell

Prime Time Tone, Balance & Flex

Monday, Wednesday, 1-2 pm

Cost: \$42 for 13 classes

August 7 - September 30

Instructor: Marianne Larkin

No class August 26,28

Sit & Fit

Tuesday and Thursday, 11 am

Cost: \$80.50 for 23 classes

October 1 - December 19

Instructor: Susan Kain

Tai Chi

Thursdays 9am - 9:55am

Cost: \$24 for 4 classes

September 5 - 26

Instructor: Charlie Toth

No Class in August

COOKSVILLE CAFÉ AUGUST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			August 1	August 2
			Salisbury Steak W/ Sweet Onion Gravy Scalloped Potatoes Green Peas Mandarin Oranges White/Wheat Bread	Pulled Pork BBQ Mixed Bean Creole Housemade Slaw Apricot Halves Sandwich Bun
August 5	August 6	August 7	August 8	August 9
Chicken Breast Cacciatore Brown Rice Pilaf Tri-Color Pepper & Onion Blend Diced Peaches White/Wheat Bread	Pizza Salad Dessert 	Old Bay Grilled Chicken Breast Sandwich Cream Of Tomato Soup Lett/Tom Garnish Pepper Slaw Sliced Apples Sandwich Roll	SALAD BAR HEALTHY Toppings and a Protein 	SALAD BAR HEALTHY Toppings and a Protein 
August 12	August 13	August 14	August 15	August 16
Roast Pork Loin W/ Sweet Onion Gravy Braised Red Cabbage Scalloped Potatoes Fruit Cocktail White/Wheat Bread	Italian Style Parm Chicken Breast Over Pasta Mozz Cheese Green Beans Fresh Fruit Cup Fruited Yogurt White/Wheat Bread	Homestyle Meatloaf W/Gravy Mashed Potatoes Glazed Carrots White/Wheat Bread	Baked Potato Bar Hot Baked Potatoes Delicious Toppings 	Baked Potato Bar Hot Baked Potatoes Delicious Toppings 
August 19	August 20	August 21	August 22	August 23
Tri-Color Tortellini W/ Pesto In Alfredo Cream Sauce Green Beans W/ Mushrooms Cinnamon Apples White/Wheat Bread SUPER MEAL	BBQ Chicken Sandwich Housemade Slaw Fiesta Black Beans Hot Baked Apple Slices Kaiser Roll	Swedish Meatballs Brown Rice Pilaf Glazed Carrots Sweet/Sour Green Bean Salad Fruited Yogurt White/Wheat Bread	Pulled Pork Sandwich Cold Broccoli Salad Chunks Of Sweet Potatoes Pineapple Chunks Slice Of Pie Hamburger Roll	Chicken Cordon Blue Yellow Rice Pilaf Buttered Broccoli Florets Blueberry Crisp White Wheat Roll SUPER MEAL
August 26	August 27	August 28	August 29	August 30
Poppy Seed Chicken Yellow Rice Pilaf Cucumber/Onion Salad Diced Pineapples White/Wheat Bread	Roasted Pork Loin W/ Dijon Mustard Sauce Italian Tomato/Basil Salad Dilled Carrots Au Gratin Potatoes Sliced Apples White/Wheat Roll	Tarragon Cream Of Chicken Breast Wild Rice Blend Wax & Green Beans Cinnamon Apples White/Wheat Bread	Tuna Sandwich Tomato Multibean Soup Lett/Tom Garnish Orange Blossom/ Carrot Salad Tropical Fruit Rye Bread	Beef & Macaroni W/ Tomato/Onions Cheese Garnish Peas & Pearl Onions Mandarin Oranges White/Wheat Bread

HEALTH, WELLNESS & FITNESS

Ask the Pharmacist

2nd Monday at 9 am

Bring all of your questions to pharmacist, Don Hamilton, P.D. Meet one on one and get answers to your pressing questions about your medications. Bring your drug lists to confidentially discuss any concerns.

Blood Pressure Screenings

2nd and 4th Tuesdays, 9 am

Sponsored by Howard County General Hospital. Keep on top of your blood pressure to avoid serious health concerns. Let the nurse help you keep track of your readings. First come first served.

Maryland Access Point

2nd Wednesday of each month

Join Emily LeClerq for the answer to your questions about resources of all types in the county. Emily is a seasoned veteran of information and assistance and will be happy to help you. Appointments are suggested. Time tbd.

Reflexology with Linda

Thursdays, 9 am - 2 pm

Cost: \$30 for 30 minutes, \$60 for 60 minutes

Welcome Linda Deffinbaugh, RN as she begins to offer reflexology for our members. This practice used to relieve tension and treat illness is based on the theory that there are reflex points on the feet, hands and head linked to every part of the body.

Walking Group

Monday - Friday, 7 am

This walking group meets five days a week. Come join us any day for a brisk walk indoors. Walk at your own pace and enjoy camaraderie.

Basketball - Drop in

Monday, Wednesdays, Fridays, 9 - 11 am

Players must be 50+ years of age

to participate in this program. Join this group for a fun and competitive workout. Players age 62 and better can enjoy playing with members in their age group beginning at 11 am.

Pickleball

Tuesdays, Thursdays, 11 am - 12:30 (3 Courts)

Tuesdays, Thursdays, 12:30 - 2:30 (6 Courts)

Fridays, 12 - 2 pm (3.5 and lower)

Come join the fun! Pickle Ball combines elements of tennis, badminton and ping-pong. Be prepared to love it.

Meditation Class

Fridays, 8:30 am

Cost: Free - Drop in

Start your day off centered. Susan Kain will lead a 20 minute meditation class.



ONGOING PROGRAMS AND EVENTS

Billiards-Table Tennis

Monday-Fridays, 8 am - 4:30 pm

Stop by the front desk and grab a key to the game room. Enjoy a game of table tennis or pool!

Chinese Mahjong

Tuesdays 1 - 3 pm

Come and learn how to play and enjoy the friendships that are created.

Pinochle

Mondays, Fridays, 10 am - 4:30 pm

Pinochle is a classic two-player game developed in the United States, and it is still one of the country's most popular games. Looking for new players! Beginners are welcome.

Advanced Duplicate Bridge

Mondays, Wednesdays, 12:45 - 4:00 pm

Cost:\$1

Includes coffee and tea.

Duplicate Bridge is the most widely used variation of contract bridge in club play.

Open Studio: Arts & Crafts - Join Us

Wednesdays, 9am - noon

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, paper crafts or more? Drop in and create!

Men's Roundtable

Tuesdays, 10 - 12 noon.

Join us for this new group, designed to cover a variety of topics, current events and create friendships. Speakers visit the group and field trips are scheduled. Group is facilitated.

New Members & Volunteers

Second Tuesday of each month, 9 am

Register in advance for this orientation geared to new members and volunteers. Join the staff for a complete overview of programs and activities and a tour.

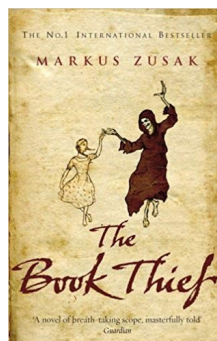
Genealogy

Second Thursday of each month, 10 am

Join Dottie Aleshire, former program coordinator at Howard County Genealogical Society. Topics at desk.

Book Club

Thursday, August 8, 1 pm



Join the book club for this month's selection, next meeting is on August 8 and the book is *The Book Thief* by Markus Zusak led by Linda Seewagen.

PROGRAMS AND EVENTS

History of Broadway

Monday, August 12, 11 am

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

New Release Movies

2nd and 4th Friday at 1 pm



Friday, August 9, 1 pm

The Upside

PG-13, 2 Hours, 6 Min.



Friday, August 23, 1 pm

A Dog's Way Home

PG, 1 Hour, 37 Min.

Drumming

Friday, August 30, 11 am

Join Scott Tienman in the West Friendship Room for an hour of energizing fun. No experience necessary, just drop by!

iPhone, iPad Workshop

Wednesday, September 4, 10 am

Join Mike Vecera for his iPad and iPhone help sessions. Sign up in the binder at the front desk and learn to make the most of your device.

Nutrition Consultation

Wednesday, September 4, 9 - 11:30 am

Schedule an appointment with our dietician, Carmen Roberts. She helps adults improve on their quality of life through nutrition counseling and education. Sign up for a 30 minute session.

A Holocaust Survivor Testimony

By a Hidden Child

Friday, September 6, 10:30 am

Born in Vienna in 1928, Edith Mayer Cord moved to Italy with her family to escape the rise of Nazism in Austria. In 1938, Italy passed the same anti-Jewish laws, similar to the Nuremberg laws, and the entire family was asked to leave. Unable to receive a visa for any country, Edith and her family entered France illegally in April 1939.



CarFit

Wednesday, September 11, 10 am - 2 pm

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. Register by September 9.



Fused Glass Jewelry

Wednesday, September 11, 1 pm

Cost:\$35

Join Cathy for a workshop on fused glass and create two pendants.

Book Club

Thursday, September 12, 1 pm



Join the book club for this month's selection, the book is *Lilac Girls* by Martha Hall Kelly and the leader is Bernadette Roussel.

A Music Variety Show

Friday, September 13, 11 am

Join Steve Flynn for an hour long ride down memory lane. Enjoy the sounds and dance if the music moves you.

PROGRAMS AND EVENTS

History of Broadway

Monday, September 16, 11 am

Join Steve Friedman for his entertaining and informative series on Broadway. Each session focuses on a different era, enjoy lecture and singing.

Civil War Series

The Fight for a Flag

Wednesday, September 18, 10 am

Join Deb Novotny for this presentation. There were 64 Medals of Honor recipients in the battle of Gettysburg. Half of them involved the battle flag.

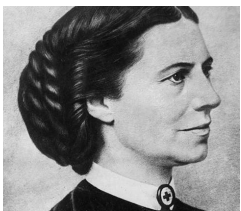
National Park Series

Thursday, September 19, 1 pm

Join volunteer and center member Laura Grant for a continuation of our National Park Series. This session focuses on 3 different lakes, including Crater and Isle Royale. Share memories and pictures if you have traveled to these parks.

Clara Barton's Washington

Friday, September 20, 11 am



Join speaker Susan Rosenvold for a presentation on Clara Barton. Discover Washington, DC through the eyes of one of its

residents. Learn who Barton rubbed elbows with and her success as a humanitarian.

HCC Course: Reconstruction

Wednesday, September 25 – October 23

9:45 am - 11:45 am

Instructor: Roger Swartz

Engage in an in-depth exploration of a controversial and complicated era of our nation's history. Must register with HCC.
Cost: \$75

SHIP Event: Medicare Cards Laminated

Friday, September 27, 9 - 11 am

Free

Join us in the lobby to have your Medicare card laminated.

Crab Feast

Friday, September 27, 12 noon

Cost: \$25 w/crabs \$12.50 w/out

Join us for music and fun and yummy food! This annual crab feast features crabs, crab soup, roasted chicken, potato salad, corn on the cob, watermelon, cookies, brownies and drinks. Music by Two Smooth Dudes.

Must register by September 20.

New Release Movies

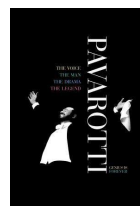
2nd and 4th Friday at 1 pm



Friday, September 13, 1 pm

Hidden Figures

PG, 2 Hours, 6 Min.



Friday, September 27, 1 pm

Pavarotti

PG-13, 1 Hour, 55 Min.

SENIOR DAY AT THE FAIR

Howard County Fair 2019

FREE ADMISSION for ADULTS 62+

Tuesday, August 6 • 10 am to 3 pm

VISIT the 4-H ACTIVITIES BUILDING for FUN THINGS to see and do... RAIN or SHINE!

- Healthy Aging Programs
- Arts and Crafts
- Bingo, Games and Prizes
- County Services Information
- Demos and Entertainment



***First 100 Attendees
Receive a Summer
Goodie Bag!***

Mark your calendar now for our revised signature event... bringing strength and power to aging!

Saturday, Oct. 19 • 10 am to 3 pm
Howard Community College

Master Aging
Engage + Educate + Inspire



 Howard County Office on
Aging and Independence
Department of Community Resources and Services

For more information, call 410-313-6410 (VOICE/RELAY) or visit www.howardcountymd.gov/aging
To request accommodations to participate, call 410-313-1234 (VOICE/RELAY) a week in advance.